

# COLD WEATHER, WARM HABITS

## Welcome to our Winter newsletter

It's been a whirlwind few months, and we're stepping into winter with plenty to smile about, most notably, celebrating our recent ukactive award win!

Even though the chill has properly set in, there's something grounding about this time of year. It's the ideal moment to catch our breath, look back on what we've built together this year, and start mapping out what comes next in 2027.

In this edition, we're catching you up on everything we've been working on, alongside a few practical at home ideas to keep your spirits up; from simple Winter Energy Upgrades to a Seasonal Menu with a difference. We hope it gives you a little inspiration for the weeks ahead.

If you have a printed copy of our newsletter but would like to download a free digital version with active hyperlinks, visit myhealthyway.co.uk

## The My Healthy Way Team



# My Healthy Way Crowned Winners

**We are thrilled to celebrate a triple win at the 2026 ukactive Awards!**

From the My Healthy Way Leadership Team taking home Outstanding Leadership Team and Crosby Leisure Centre winning North Region Club/Centre of the Year, to Adam Roberts being honoured as Physical Activity Hero, these accolades reflect our collective dedication to transforming leisure facilities into thriving community and clinical health hubs.

### New 'Couch to 5K' Programmes to Support Active Communities

Parkwood Leisure and its partners have officially launched beginner-friendly, coach-led NHS 'Couch to 5K' programmes across key regional venues. For just £1 per session, participants receive expert coaching on traffic-free tracks, access to supportive community groups, and exclusive perks like complimentary guest passes. Whether you are looking to build fitness or connect with others, it is an accessible, welcoming way to get moving.



### Celebrating Flagship Status for Seven Community MSK Hubs

We are thrilled to celebrate seven of our community MSK hubs achieving prestigious "Good Boost Flagship" status! By combining innovative AI-supported exercise programmes with passionate local care, our teams at Tarka, Crook Log, Hengrove Park, Bingham Arena, Barry, Penarth and Erith Leisure Centres are helping participants with long-term musculoskeletal conditions build strength, reduce pain and thrive in an inclusive, supportive community.





# BREAKING DOWN BARRIERS TO GETTING ACTIVE

### Celebrating World Sight Day

On Thursday 8th October 2026, Rushcliffe Arena welcomed members of the community for a free 'Live Well Get Active' multi-sport taster event to mark World Sight Day. Hosted by Lex Leisure CIC in partnership with Nottinghamshire Sight Loss Council, the day offered blind and partially sighted participants the chance to try inclusive activities such as Pilates, swimming, VI Baseball, and VI Goalball, demonstrating how simple adaptations can break down barriers in physical activity and sport.

### Working with Sense Active to Empower Disabled People with Complex Needs to Get Active

We are thrilled to expand our work with national disability charity Sense Active to empower disabled children and adults with complex needs to lead active, healthy lives. Following an inspiring launch event at Hengrove Park Leisure Centre in Bristol—where participants enjoyed adapted climbing, swimming, and sensory arts—we are launching weekly inclusive sessions and rolling out specialist staff training across our portfolio. Together, we are breaking down barriers and proving that every movement counts!

### Working with Mencap to Break Down Barriers to Physical Activity

From the energy of our recent Multi-Activity Open Day at Rushcliffe Arena to the launch of our new weekly inclusive sessions this November, we are thrilled to be partnering with Mencap and Lex Leisure CIC. By co-designing our programs directly with people with lived experience and equipping our teams with specialised disability awareness training, we're helping to break down barriers and empower everyone in Nottinghamshire to lead active, healthier lives.







# WINTER ENERGY UPGRADES

Winter doesn't require a 5am cold-plunge routine or a total life overhaul. Most of our cold weather sluggishness comes down to a few predictable daily friction points and small, cozy tweaks fix them faster than sheer willpower.  Pick a row from the matrix below to test this month:

## THE WINTER ENERGY MATRIX

Short, realistic upgrades for short days and low batteries

| SKIP THIS (Energy Drain) | TRY THIS (Realistic Upgrade) |
|---|---|
| **Hitting snooze 3x + coffee in bed**<br>Fragments sleep & spikes cortisol | **Drink water by an open window**<br>5 mins of daylight sets your body clock |

**The 7:30am Anchor:** Even on grey, overcast mornings, outdoor light is 10x brighter than indoor bulbs. 5 minutes by an open window or doorway tells your brain to shut off melatonin and start your energy timer.

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| **Sugary latte or pastry snack**<br>45min sugar rush then brain fog | **Spiced Rooibos & handful of walnuts**<br>Warmth & healthy fats without the crash |

**The 3:00pm Reset:** Afternoon cravings are usually a cue for warmth & comfort, not sugar. Cinnamon-spiced rooibos satisfies the sweet craving while walnuts keep blood sugar steady until dinner.

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| **Doom Scrolling under bright lights**<br>Tricks your brain into thinking it's daytime | **10min warm shower & audio track**<br>Post shower cooling triggers deep sleep |

**The 9:30pm Wind-Down:** Stepping out of a warm shower causes your core body temperature to drop rapidly, the exact biological signal your body uses to initiate deep sleep.

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| **Hibernating indoors all weekend**<br>Stiff joints, low mood & cabin fever | **15min 'hot drink walk' with a friend**<br>Movement, fresh air & social interaction |

**The Weekend Cure:** Bundle up, grab a takeaway mug of tea or broth, and walk around the block with a friend or podcast. Fifteen minutes is enough to clear brain fog without feeling like a "workout."



# YOUR SUNDAY AFTERNOON MENU (NO COOKING REQUIRED!)

When it gets dark at 4:00pm and the chill sets in, your brain naturally wants to conserve energy. The problem is that when we're tired and unmotivated, decision fatigue kicks in and we usually default to the path of least resistance: three hours of aimless scrolling that leaves us feeling even more drained. Think of this as a takeaway menu for your nervous system. Stick it on your fridge or save it to your phone. The next time Winter lethargy hits and you have zero energy to figure out what to do with yourself, pick one thing from each section below.

## Starters - 5 Minute resets

**The Floor Lie-Down:** Lie flat on your living room rug with your legs resting up on the sofa cushions at a 90-degree angle. Set a timer for five minutes and just let your lower back decompress.
**The Window Stare:** Stand by a window with a warm mug and look at the furthest point on the horizon you can see for two minutes. It physically relaxes the eye muscles strained by close-up screens.
**Warm-Up Your Extremities:** Put a pair of thick socks on the radiator for three minutes before putting them on, or run your hands under warm water for 60 seconds. Instant nervous system comfort.

## Mains - 30 Minute absorbing activities

**Listen to an Album Front-to-Back:** Put on a favourite album from start to finish, (no skipping tracks, no checking your phone) while lying on the sofa.
**The Low Stakes Creative Project:** Flip through an old photo album, doodle with a thick felt tip pen, or tackle a small section of a jigsaw puzzle.
**Read One Chapter of Fiction:** Not a self-help book, not the news. Just get lost in someone else's story for twenty pages.

## Sides - To pair with boring tasks

**A Comfort Re-Watch:** Put a show you've already seen ten times on in the background while folding laundry. Zero plot stress, maximum company.
**The "Body Double" Call:** Call a friend or family member on speakerphone while you both tidy your kitchens or prep for the week.
**A Familiar Audiobook or Podcast:** Save a specific, engaging podcast strictly for washing up or wiping down counters.

## Dessert - A guilt free wind down

**Early Pyjamas:** Get into your sleepwear at 6pm. It sends an unmistakable signal to your brain that the demands of the day are officially over.

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